WINTER: GET IT BEFORE IT'S GONE
EVENTS AND SHOWS IN THE CAPITAL {pages 19-22}

JEALOUS OF CARRIE BRADSHAW'S CLOSET?
WE KNOW, AND WE'RE HERE TO HELP {page 30}

FULL HOUSE
YOUNGER OLSEN MAKES DEBUT SUNDANCE {page 14}

OTTAWA metro®
Thursday, January 27, 2011
www.metronews.ca
News worth sharing.

▶ University of Ottawa Gee Gees guard Sarah Nolette dribbles around Carleton Ravens guard Courtney Smith in an MBNA Capital Hoops Classic showdown that saw the Ravens win 71-63 in double overtime. For photo gallery, see metronews.ca.

MARC DESROSIERS/FOR METRO

Ravens snatch win from Gee Gees

The Carleton University Ravens and University of Ottawa Gee Gees women's and men's basketball teams tipped off last night at Scotiabank Place, vying for the Capital Hoops Classic trophy. Carleton was favoured to win both games, with the women ranked fourth in Canada and the Carleton men ranked first nationally heading into last night's games. The last regular-season matchups for both universities' teams are Feb. 18 and 19.

Silent killer thwarted

Two tenants rushed to hospital for nausea, headaches from carbon monoxide poison ◗ Orders or prosecutions may be issued if codes weren't followed: Authorities

JOE LOFARO
OTTAWA@METRONEWS.CA

A dangerous carbon monoxide leak in a Chinatown home late Tuesday night might have turned deadly if not for Direct Energy technician Doug Sample, who detected the leak while repairing a furnace.

The Bell Street North home had been without heat for days and someone had installed a propane heater as a remedy.

"Our technician found dangerous CO readings in the home that are suspected to be the result of a propane portable heater found operating in the crawl space area," said Direct Energy spokesperson Crystal Jongeward.

"Thankfully, our technician immediately shut the propane heater off and notified emergency services to ensure the health and safety of the residents of the home."

A Technical Standards and Safety Authority representative accompanied Direct Energy technicians yesterday to investigate the incident further.

"This event just goes to show how important CO monitors are in every home."
CRYSTAL JONGEWARD, DIRECT ENERGY

MORE COVERAGE, PAGE 3

Pulling purse strings

American retail army invades

◗ U.S. stores bracing to pounce on Canadian territory ◗ 2011 and 2012 are targeted for market growth ◗ J. Crew, Marshalls poised {page 12}

The life of a fugitive

Man performs plastic surgery on himself as a disguise {page 8}

Do kids make us crazy?

Mental health risk after child birth more likely: Study {page 10}

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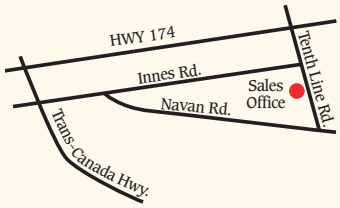

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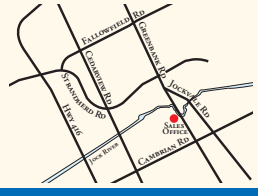

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Council says no to urban sprawl

Council voted yesterday to stand firm on the urban boundary, allowing only 230 hectares of land for new suburban development, despite an appeal by developers to the Ontario Municipal Board.

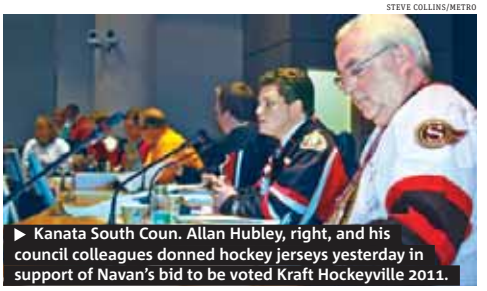
"What we did today was the right thing," said Mayor Jim Watson, "You saw an overwhelming vote ... that we stand up and protect the urban boundary and let everyone know that the people responsible for our future and our growth are the elected officials, not landholders."

The city's lawyers told council their chance of winning at the OMB, while hard to predict, is approximately 70 per cent.

Innes Coun. Rainer Bloess, the single dissenting vote on council, had urged a compromise, allowing 851 hectares for development, as originally advised by staff.

"We heard 70 per cent when we did our O-Train (cancellation) legal work, and that 70 per cent turned into a $36-million payout," Bloess said. "In my mind, 70 per cent aren't very good odds." STEVE COLLINS

STEVE COLLINS/METRO



▶ Kanata South Coun. Allan Hubley, right, and his council colleagues donned hockey jerseys yesterday in support of Navan's bid to be voted Kraft Hockeyville 2011.

Detectors best bet to eliminate CO risk

Bell Street CO leak highlights need for carbon monoxide detectors

'Detectors are absolutely important': Paramedics association

JOE LOFARO
OTTAWA@METRONEWS.CA

At extremely high levels, exposure to carbon monoxide can kill you in a matter of minutes.

It's what J.P. Trottier, calls the "silent killer."

"You can't see it, smell it, and you can't really detect it," said the Ottawa Paramedics Association spokesperson.

"It has no odour and it pushes oxygen so that it cannot link to red blood cells."

Trottier recommends every home should have a carbon monoxide detector.

He warned, however, that the device should be installed as close as possible to the furnace but in a place where you will hear it if it beeps.

CO dangers

The effects of carbon monoxide exposure:

- Exposure to 800 parts per million (PPM) for 10 to 15 minutes can cause dizziness and nausea.
- Exposure to 1,600 PPM for 20 minutes can cause headaches, dizziness, or death within one hour.
- Exposure to 6,000 to 8,000 PPM for five minutes can cause incapacitation.
- Two or three breaths of 12,800 PPM of CO can lead to unconsciousness, or death after one to three minutes of exposure.

250 The average annual number of deaths in the U.S. related to carbon monoxide poisoning.

JOE LOFARO/METRO

▶ TSSA and Direct Energy workers begin their investigations into the carbon monoxide leak yesterday that sent two tenants to hospital late Tuesday night.

1 news

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Sens prospect sues Ducks, alleging anti-Semitism

Jason Bailey was assigned to play for affiliate Condors under 3-year contract signed in 2008

A Jewish hockey player has sued the Anaheim Ducks and a minor league affiliate alleging his coaches made anti-Semitic remarks and discriminated against him because of his religion.

Jason Bailey, 23, who has since been traded to the Ottawa Senators, filed the lawsuit Tuesday in Orange County Superior Court.

It alleges that coaches for the Bakersfield Condors, then an ECHL affiliate of the Ducks, repeatedly made anti-Semitic remarks and denied Bailey ice time because he was Jewish.

"Based on his religion, he was blackballed," said Keith Fink, Bailey's lawyer. "They wouldn't skate him."

Suspended

Both coaches were suspended in 2009. The Bakersfield Californian reported that the reason was related to Bailey.

- Reports of discrimination in U.S. professional sports are rare, said Abraham Foxman, national director of the Anti-Defamation League.

Alex Gilchrist, a spokesman for the Ducks, declined to comment on the suit.

In the lawsuit, Bailey alleges that both Condors' assistant head coach Mark Pederson and head coach Martin Raymond made anti-Semitic remarks.

Bailey said he was rarely given ice time, even though he was one of the team's best players, which hurt his chances of getting the experience he needed to advance his career.

After Bailey complained to management, he was sent to the Iowa Chops, where he didn't play either, according to a copy of the lawsuit.

The complaint alleges that Ducks officials downplayed the allegations and had the Condors coaches write apology letters.

In 2009, Bailey asked to be traded and went to the Senators, Fink said. The 23-year-old now plays for their affiliate in Binghamton, N.Y. THE ASSOCIATED PRESS

Sticky. Sweets

▶ Julie Deschamps, left, and Richard Lèger dish out maple taffy to students at the University of Ottawa's CLS Snow Festival.

Taffy, or as they say la tire d'érable

The University of Ottawa's Campus Life Services celebrated winter this week with the Snow Festival, which began Monday and wraps up today on the campus' Tabaret lawn. Beaver tales, overnight camping and First Nations dance and hoop demonstrations were among the attractions. Lèger and Dechamps, who run a maple sugar shack in L'Ange-Gardien, Que., tempted festival-goers with the traditional treat of maple taffy cooled on snow and served on a popsicle stick. Organizers also collected non-perishable food items for students in need.

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Police crack down on protesters

Tunisia's uprising sparks Egypt demonstrations Activists call for president's ouster Want solution to rising prices, high unemployment

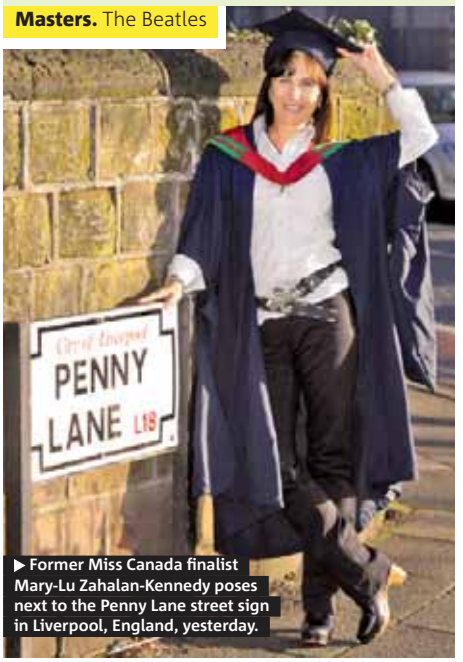
Egyptian anti-government activists pelted police with firebombs and rocks in a second day of clashes yesterday. Police forces moved in and used tear gas, beatings and live ammunition fired in the air to disperse any demonstrations.

There were signs the crackdown on protesters was taking a toll on Egypt's international standing. White House spokesman Robert Gibbs would not say whether President Hosni Mubarak, the target of demonstrators' anger and a close U.S. ally, still has the Obama administration's support. Secretary of State Hillary Clinton said the government should allow peaceful protests instead of cracking down.

A policeman and a protester were killed yesterday when a car ran them over during a Cairo protest, security officials said. The exact circumstances of their deaths were not clear. Officials said earlier the two died when they were hit by rocks but later changed the account. Three demonstrators also died in clashes in Suez and one policeman died in Cairo violence.

Security officials said 860 protesters have been rounded up since Tuesday, when tens of thousands turned out for the largest protests in Egypt in years. THE ASSOCIATED PRESS

Masters. The Beatles



▶ Former Miss Canada finalist Mary-Lu Zahalan-Kennedy poses next to the Penny Lane street sign in Liverpool, England, yesterday.

ALAN EDWARDS/THE ASSOCIATED PRESS HANDOUT

I saw her standing there

Mary-Lu Zahalan-Kennedy is all smiles after becoming the first person in the world to graduate with a master's degree in The Beatles. She was one of the first students to sign up for the course when it launched at the Liverpool Hope University in 2009.

Coca lovers give U.S. something to chew on

AIZAR RALDES/GETTY IMAGES

Thousands have taken to the streets in Bolivia to chew coca leaf in support of the country's bid to remove an international prohibition on the age-old practice.

The chief target of yesterday's peaceful protest was the U.S. Embassy.

Coca is a mild stimulant of high religious and social value in the Andes. It fights hunger and alleviates altitude sickness. But it is also the raw material of cocaine.

Washington last week formally objected to Bolivia's proposal to remove a prohibition on coca chewing from the international Single Convention on Narcotic Drugs. THE ASSOCIATED PRESS

Officials probe breast implant, cancer link

U.S. government health officials are investigating a possible link between breast implants and a very rare form of cancer after reviewing a handful of cases reported over the past 13 years.

60 The U.S. Food and Drug Administration is aware of just 60 cases of the disease worldwide among the estimated five million to 10 million women with breast implants.

The cancer, known as anaplastic large cell lymphoma, attacks the lymph nodes and skin, and has been reported in the scar tissue that grows around implants. THE ASSOCIATED PRESS

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Man on the run gave himself a brutal nose job

Do-it-yourself surgery with scissors and a box cutter helped accused murderer escape detection

THE ASSOCIATED PRESS

▶ Tatsuya Ichihashi: Before, left, and after.

While on the lam for two and half years, a Japanese man wanted for the murder of a British woman took brutal measures to obscure his identity.

He scissored off his lower lip, dug two moles out of his cheek with a box cutter and gave himself a nose job.

The disclosures come in a book released yesterday and written from jail by Tatsuya Ichihashi, who will stand trial later this year.

Ichihashi travelled up and down Japan, in fear of arrest and obsessed with cosmetic surgery. He bound up his nose with a thread and needle — like a cook trussing a piece of meat — to make it narrower.

He twice tried to cut off part of his lower lip to make it thinner. The first time, he couldn't follow through because of the excruciating pain, he wrote. He finished it up a few days later in a public bathroom.

His English teacher, Lindsay Hawker 22, was found dead in a sand-filled bathtub on the balcony of Ichihashi's apartment in March, 2007.

A visit to a cosmetic surgeon would later lead to his arrest, as staff noticed the remnants of moles and sent photos of Ichihashi to police. THE ASSOCIATED PRESS

Parliament. Show

▶ Italian minister and former showgirl Mara Carfagna, reflected in a mirror recently, signed a protocol yesterday to set up a panel that could ban ads "plainly wrong and offensive" to women's dignity.

GREGORIO BORGIA/THE ASSOCIATED PRESS

What's too sexy for Berlusconi?

The government of Italian Prime Minister Silvio Berlusconi, who is involved in a sex scandal many say fosters a demeaning image of women, is taking action against advertisements that use vulgar images of the female body.

20 Co-author Garth Illingworth says there's a 20 per cent chance the smudge is contamination but 'we're pretty sure it's a real object.'

The lonely galaxy

A team of astronomers say they have glimpsed the earliest galaxy yet, a smudge of light from nearly 13.2 billion years ago — a time when the cosmos was a far lonelier place. THE ASSOCIATED PRESS

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Computer Onsite: 1439 Woodroffe Ave

Russia. Reacts

▶ Russian President Dmitry Medvedev speaks at the World Economic Forum in Davos, Switzerland, yesterday.

MICHEL EULER/THE ASSOCIATED PRESS

Medvedev makes a hard sales pitch

Russia will not be brought to its knees by a deadly airport explosion, President Dmitry Medvedev told the world's leading business gathering, insisting the bombing shouldn't make foreign investors cower in fear either.

Having a baby adds to risk of mental health problems, study finds

Trigger may be changes in hormone levels, sleep deprivation, other demands of motherhood, say experts

Having an abortion does not increase the risk of mental health problems, but having a baby does, one of the largest studies to compare the aftermath of both decisions suggests.

The research by Danish scientists further debunks the notion that terminating a pregnancy can trigger mental illness and shows postpartum depression to be much more of a factor.

The Danish study included 365,550 teenagers and women who had an abortion or first-time delivery between 1995 and 2007. Researchers tracked mental health counselling at a hospital or outpatient facility before and after an abortion or delivery.

Researchers compared the rate of mental health treatment among women before and after a first abortion. Within the first year after an abortion, 15 per 1,000 women needed psychiatric counselling — similar to the rate seeking help nine months before an abortion.

While first-time mothers had a lower rate of mental problems overall, the proportion of those seeking help after giving birth was dramatically higher.

THE ASSOCIATED PRESS

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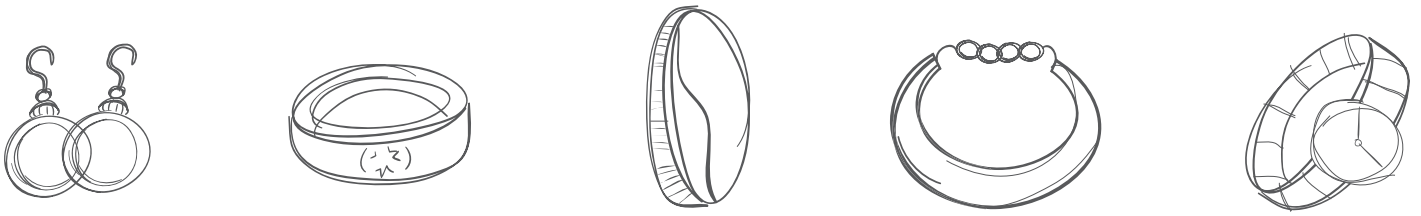

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Canada gears up for American retail invasion

- J. Crew set to open first Canadian branch this year
- Discount clothier Marshalls has stores under construction

A new breed of prospectors is gearing up for a modern Canadian gold rush — far from the pickaxe-toting old-timers of the Klondike, these are a savvy, business-suited bunch looking to cash in on rich veins of Prada purses and cheap blue jeans.

They are major U.S. retailers, department stores and mall moguls, and they have begun a cross-border campaign in anticipation of consumers here opening their wallets by 2012, creating huge demand for new shops and outlets.

"If you look at 2008 and 2009 they were very difficult years for retailers. 2010 I would say was a recovery year for retailers. So in 2011 and 2012, we expect the market to grow but it will be more competitive because there are more players entering the market," says Daniel Baer, a retail industry consultant with Ernst & Young.

"It takes time to build stores and to plan and to get your real estate and the like. They are planning ahead for better times."

Wal-Mart, the world's biggest retailer, is the latest this month to announce major Canadian expansion plans ahead of what some malls and experts predict will be a consumer spending boom in 2012. The U.S. company announced yesterday it plans to spend $500 million US to open 40 more Canadian stores that combine general merchandise and groceries.

THE CANADIAN PRESS

Heading north

Expanding Daniel Baer cited the recent entry of lingerie store Victoria's Secret, housewares store Crate & Barrel and skincare retailer Bath and Body Works into Canada as examples of how American companies are succeeding north of the border.

U.S. Technology

▶ U.S. President Barack Obama tours Orion Energy Systems, a power technology company that designs, manufactures and deploys energy efficient and renewable energy technology, in Manitowoc, Wis., yesterday.

JEWEL SAMAD/GETTY IMAGES

Calling for a Sputnik

In challenging Americans to compete for the future, President Barach Obama is calling for a new Sputnik moment, like the one in the 1950s when the Soviet Union beat the U.S. by sending a satellite into space — spurring the U.S. to pour money into science and technology and eventually making it to the moon.

Household debt growth slowing: CIBC

There's a report from CIBC that suggests Canadians may be starting to get the message about the perils of mounting debt. A new analysis by the CIBC says mortgage debt appears to have been growing more slowly in recent months. The bank also estimates outstanding mortgage debt will rise by about five per cent this year, down from an estimated 7.7 per cent increase in 2010.

THE CANADIAN PRESS

Market moment

TSX	Dollar
+ 206.12 (13,465.75)	+ 0.23¢ (100.47¢ US)

Natural gas 1,000 cu ft	Oil
$4.488 (No change)	+ $1.14 US ($87.33 US)

Gold contracts $1,333.00 US (+ 70¢ US)

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Level 2 and 4 – 12:30 pm to 3:30 pm

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WHEN YOU REALIZE YOU'RE IRRELEVANT

He says ...

JOHN MAZEROLLE

Most of the time I focus on the good things about aging.

It leads co-workers to erroneously assume that I know what I'm doing, for example. And the wisdom of my years has recently allowed me to make the important changeover from wanting to get fit, to convincing myself I look fine.

I've never seen milestones as millstones.

But then, as I was watching a television commercial this week, something disconcerting hit me: This is my last year in power.

Why? Because these are my last days as a coveted demographic. In the very near future, I will no longer be 18 to 35.

This is upsetting. For the last 16 years, advertisers have seen me as no less than a god. People with money wanted me, needed me, worshipped me.

I was male, single, and powerful, with companies writing their whole playbook based on my loves and lusts.

But now, suddenly, I am irrelevant. And it hurts. Now I understand how housewives abruptly dropped for younger women must feel.

"I'm about to become the forgotten middle child, demographically."

I'm aware that ad men only wanted me because I was easy to manipulate, quick to depart with my money, and socially irresponsible, but at least they wanted me.

Advertising gets older; its loves stay the same age.

I can prove I'll be neglected, too. Look at any ad aimed at the younger set: They're awesome. Whether it's the Canadian Armed Forces or underarm body spray, commercials meant for young males have Hollywood production values. That the Old Spice guy hasn't won some sort of major acting award yet is one of the great injustices of our time.

Now look at the ads aimed at people who aren't young males: They suck.

Car dealership owners, gold dealers, and personal injury lawyers screaming at us, creepy dads who dye their hair to get over the death of their wife, and seniors that make you wish somebody would skip the high-impact yoga and go get acting lessons.

Oh sure, there are some slick ads for baby boomers, but I'm not in that group either. I'm about to become the forgotten middle child, demographically.

This is where the decline starts.

Soon I'll spend my days complaining that today's TV, music, and products aren't as good as when I was young. But nobody will listen.

It's going to be lonely. If only some shiny doodad or new trend could help ease the pain. Please take me back, advertisers: I swear, I can stay the same.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER

Clocks on a cellular level

Worth mentioning

Does time stand still?

What makes people tick? Anybody who has suffered jet lag knows all about the body's internal clock, which is driven by a cluster of brain cells.

But even the cells throughout our body have their own 24-hour clocks to co-ordinate activities at the cellular level. Now, new research suggests that these internal timepieces may be more complicated than scientists thought.

For years, scientists have said this clock is basically the activity of certain genes. But in a new study, scientists looked at human cells that don't even have genes. And in these red blood cells, they found an enzyme flip-flopping between two forms on a regular 24-hour cycle.

Is that a clock? Or is it just responding to some clock? Nobody knows yet, says Akhilesh Reddy of Cambridge University. But it seems to be connected in some way to the genetic mechanism found in other cells, he said. Reddy co-authored two studies on the subject in today's issue of the journal Nature.

Joseph Bass of Northwestern University, who co-wrote a Nature commentary on the work, said the new findings don't overturn the standard notion of a gene-based clock. Still, he said, "Our understanding of the clock is expanding with this work and other work." THE ASSOCIATED PRESS

What's your favourite TV sitcom? Why?

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Metro Minute at Trends In Design

Meet one of the architects behind Lansdowne Live at the fourth instalment of Trends In Design, an interactive speaker series presented by Urban Capital examining the latest design trends in fashion, exterior design, city building and architecture.

Tonight's speaker is Cannon Design's Robert Claiborne, lead architect on the proposed new Lansdowne Park Stadium. The talk is entitled Architecture In Our New Century and explores the ways in which today's buildings are integrated into urban life. The event begins at 6:30 p.m. with cocktails at 453 McLeod at Bank. Claiborne's presentation begins at 7:30 p.m. Tickets are $20 and available at www.urbancapital.ca.

METRO

CONTRIBUTED

▶ Robert Claiborne, the lead architect on the proposed new Lansdowne Park Stadium, will speak tonight at Trends In Design.

2 scene

Regrets

British actor Paul Bettany regrets not taking Colin Firth's Oscar-nominated role in The King's Speech. Screenwriter David Seidler has said he wrote the screenplay — also nominated — with Bettany in mind for the role of King George VI, with Oscar-nominated Geoffrey Rush as his speech therapist.
THE CANADIAN PRESS

After a career of mostly serious roles, Natascha McElhone goes for laughs on 'Californication'

Succumbing to the lure of Hollywood

Tinsel town's newest Olsen sister makes film debut with two movies at Sundance Has no interest in becoming a paparazzi target

The younger sister of Mary-Kate and Ashley Olsen is breaking into showbiz with two buzzed-about films at the Sundance Film Festival.

Elizabeth Olsen, 21, stars in Silent House, directed by the filmmakers who made the 2004 indy hit Open Water. When it debuted at Sundance, it was sold to Lionsgate for more than $2 million.

Based on a film from Uruguay called La Casa Muda, Silent House is one continuous take as Olsen's character begins to suspect her summer house may be haunted. Olsen compares shooting the film to theatre, which she started doing as a child.

"When I was auditioning, I was like, 'Just so you know I'm used to the medium of theatre, so, like, I can stand on my feet for this long,'" she laughs.

Olsen's other film at Sundance is Martha Macy May Marlene, where she plays a young women trying to readjust to life after escaping from a cult.

"When I would go shopping with my sisters when I was younger, it would be dangerous."
ELIZABETH OLSEN

"It's hard for independent films when they want to get money," says Olsen. "And to have a lead be an unknown — it's kind of a risk for people to take. And so the fact that they took that risk made my year, my life, I don't know! It was really exciting."

The actress may be enthusiastic about her career but turns serious when it comes to the idea of being a tabloid target like her big sisters, now 24, who are chased constantly by paparazzi.

The Olsen twins have been in the spotlight since they were hired as infants to share a role in the TV comedy Full House.

"When I would go shopping with my sisters when I was younger, it would be dangerous. People would almost get us into car accidents. I just think it's crazy in general but I want to be an actor — and I have since I was a little girl — and if that happens, then you figure out how to deal with it where it doesn't completely infringe upon your life," said Olsen.

"I haven't experienced that personally yet. Hopefully I don't have to but I think it's a really weird part of this business."
THE ASSOCIATED PRESS

VICTORIA WILL/THE ASSOCIATED PRESS

▶ Elizabeth Olsen from the film Martha Marcy May Marlene and Silent House poses for a portrait in the Fender Music Lodge during the 2011 Sundance Film Festival.

Selleck: No NYPD blues

Now back fighting crime on TV, the actor talks about Magnum, movies, and how he wants grey hair

Tom Selleck, right, is a New York police commissioner in Blue Bloods.

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Tom Selleck is back on series television with Blue Bloods as a New York police commissioner and the patriarch of a cop family. And while the surprisingly youthful-looking veteran has been keeping busy on television, he freely admits he's still most recognized for Magnum P.I. Metro spoke with Selleck during a break from filming.

You don't seem to age. Any reason for that?
I don't know. I'm truly not very grey. And for the show, I spend 20 minutes in the chair every morning greying my hair and greying my mustache a little and I'm thinking, If the show goes eight years, that's nine months a year, 20 minutes a day. I just wish I would get a little grayer. So that's my lot in life right now.

What drew you to Blue Bloods?
The script first. I wasn't really looking for a series. I was concerned that I liked it because I do a series of movies for CBS called Jesse Stone. I love that character and it's really successful. So the first thing I said when I went in was, "I'm not doing this at the expense of Jesse Stone." And they said, "We don't want you to. Jesse is a home run for us." So that was nice.

Do you mind that people still recognize you most from Magnum P.I.?
No. I have never minded talking about that show. If I did my job right as an actor, when I left Magnum, it was my main credit. I have done westerns. I've done comedies, and people are aware that I have broader appetites than they might suspect, but Magnum will always be a big part of it.

What about making it into a movie?
Magnum won't work. Magnum is a little more like Star Trek, and I'm not just kind of gilding the lily on that. The fans of Magnum remember more lines than I can remember. I mean, the show is in the Smithsonian as the show that first recognized Vietnam veterans in a positive light in the States. And you can't just buy a title, spend a hundred million dollars on explosions and trivialize it, which they do.

Is your daughter in the business?
No, he said gratefully. [laughs] She doesn't want to. I think she got a dose of fame. I think she discounts it. In a culture and in a world where some people just want to be famous, she doesn't. She just wants to be good at what she does. She's an accomplished equestrian. She's jumping grand prix height fences, which is enough to give her dad a heart attack.

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5 shows not to miss

Ottawa's arts and entertainment scene will be busy over the next little while with some big shows and international performers hitting the stage. Warm up at these cool shows during the cold capital winter.

MIKE BEASLEY

VINCE TALOTTA/TORONTO STAR

1

Cracking-Up the Capital for Mental Health
The seventh annual Cracking-Up the Capital for Mental Health hopes to shine light on the importance of mental health. The evening will feature some of Canada's best stand-up comics as well as special guests, parliamentarians and the media as they poke fun at the serious and sometimes surreal world of life in Ottawa. The event will be hosted by popular Ottawa comedian Jim McNally and will feature the Capital's own Angelo Tsarouchas, (pictured). They will be joined by Chuck Byrn, Todd Butler, Derek Seguin, Martha Chaves and Arthur Simeon.

Saturday, Jan. 29. 8pm Southam Hall, National Arts Centre. nac.ca

GETTY IMAGES

2

Brad Paisley, H2O Frozen Over Tour
Brad Paisley's highly successful H2O World Tour has been renamed and is continuing through the first part of 2011 as the H2O Frozen Over tour. Darius Rucker continues as special guest while Jerrod Niemann joins the tour.

Sunday, Jan. 30. 7:30 pm. Scotiabank Place. scotiabankplace.com

GETTY IMAGES

3

John Mellencamp, No Better Than This Tour
John Mellencamp's tour, designed as a uniquely formatted "evening with," brings Mellencamp's music to theatre-sized venues. It's a rare opportunity to experience one of America's most iconic songwriters and performers in an intimate setting, highlighting all phases of his artistry.
The tour will feature classic Mellencamp material associated with the Rock and Roll Hall of Fame inductee over the course of his 35-year-long career as well as the new music from No Better Than This.

Sunday, Feb. 16. 8:15pm. Southam Hall, National Arts Centre. nac.ca

GETTY IMAGES

4

Goo Goo Dolls with Steven Page
One of rock's most beloved and enduring bands, the Goo Goo Dolls recently released their ninth album, Something For The Rest Of Us. The album features the singles, Home and Notbroken. It was produced by Tim Palmer (U2, Pearl Jam, David Bowie) with additional production by Butch Vig (Green Day, Nirvana, Foo Fighters, etc.), John Fields (Paul Westerberg, Jimmy Eat World) and Goo Goo Dolls. Opening the show is former Barenaked Ladies frontman Steven Page, who called off his own tour in order to join the Dolls on the road.

Friday, Feb. 18. 8pm. Southam Hall, National Arts Centre. nac.ca

GETTY IMAGES

5

Lady Gaga, The Monster Ball Tour
Lady Gaga is bringing her highly successful tour, The Monster Ball to Ottawa.
Last year the tour took her throughout Europe and North America, where she received rave reviews. With the majority of her North American dates already sold out, Lady Gaga extended her 2011 tour, which now includes a stop in Ottawa.

Sunday, March 6. 8pm. Scotiabank Centre. scotiabankcentre.com

MURDER
in the Cathedral
*New date FEBRUARY 25th, 2011 8PM
A staged reading of T.S. Eliot's Classic to benefit Third Wall Theatre & Glebe St. James United Church, with members of the original cast, Third Wall's Resident Company & choral voices of members of the GStJ Choir.
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On Stage

▶ Nikki Payne

OTTAWA LITTLE THEATRE
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Nikki Payne Live!
February 5, 8 PM

The Long Weekend
A comedy by Norm Foster
Directed by John Muggleton
February 8 -26, 8pm
Sunday Matinee - February 20, 2pm

THE GLADSTONE
910 Gladstone Avenue
TheGladstone.ca

The Importance of Being Earnest
By Oscar Wilde
February 10 - 26
Special Valentines' Day Performance Added

Michael Bourada Magic Show
March 11 - 13

YUK YUK'S DOWNTOWN
292 Elgin St.
yukyuks.com

Mike Wilmot
Thursday, January 27 – Saturday, January 29

YUK YUK'S PRESCOTT
379 Preston Street.
yukyuks.com

David Merry
Friday, January 28 – Saturday, January 29

The many lives of the musical Cats

There's no better way to introduce your family to the wonders of live theatre than with the magic, the mystery and the memory of Cats. The show opens Feb. 8 at the National Arts Centre in Ottawa.

What began after Andrew Lloyd Webber picked up a book of poems in an airport bookshop, this musical about cats has become one of the longest running shows in Broadway's history.

Winner of seven Tony Awards including Best Musical, Cats features 20 of Andrew Lloyd Webber's timeless melodies, including the hit song, Memory.

Since Cats first opened back in 1981, it has become one of the world's best known and best loved musicals. With a plot based on T.S Eliot's Old Possum's Book of Practical Cats and award-winning music composed by Webber, Cats, originally directed by Trevor Nunn, has since been presented in over 20 countries and in about 250 cities, including such diverse destinations as Buenos Aires, Seoul, Helsinki and Singapore.

JOAN MARCUSX

▶ Cats opens Feb. 8 at the NAC for eight performances.

The show has been translated into 10 languages: Japanese, German, (three versions for Germany, Austria and Switzerland), Hungarian, Norwegian, Finnish, Dutch, Swedish, French, Spanish (two versions for Mexico and Argentina) and Italian.

The Swiss production required a bilingual cast who performed in German and English on alternate nights.

The title of the show has rarely been translated, the Mexican producers did a survey as to whether the Mexican audience would like their production to be called Gatos – the response in favour of keeping the English original was unanimous.

The show has not only been presented in theatres, but also in tents in Japan and Korea, an engine shed in Switzerland, and school gymnasiums across the United States.

Cats
February 8 - 13, 8pm
Southam Hall,
National Arts Centre
nac.ca

Stage. Agokwe

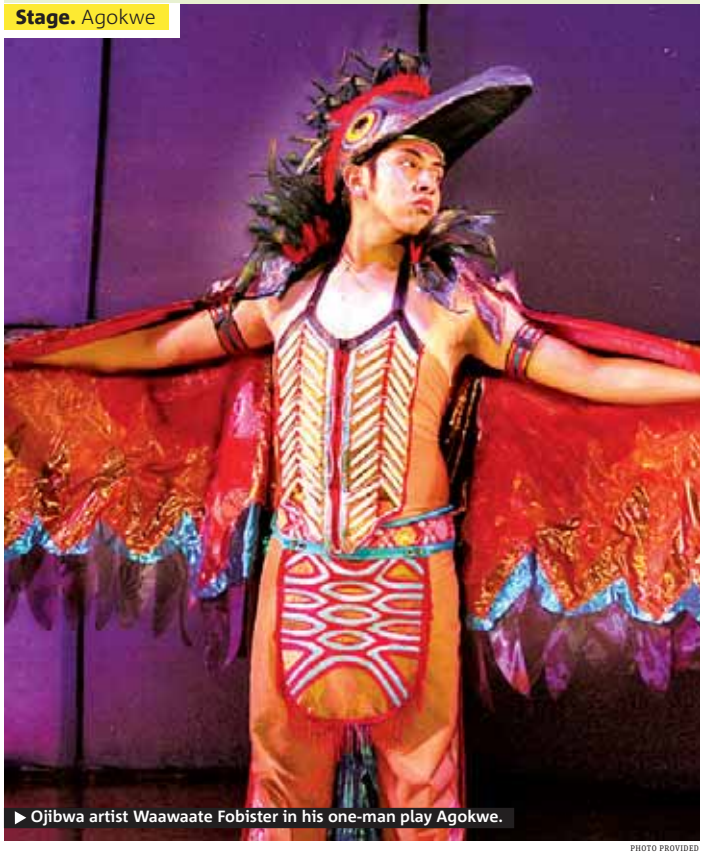
▶ Ojibwa artist Waawaate Fobister in his one-man play Agokwe.

PHOTO PROVIDED

A tale of two spirits at the NAC

Agokwe, the award-winning play by Waawaate Fobister, is on stage at the National Arts Centre from Feb. 1 to 12. The one-man play, which explores unrequited love between teenage boys from neighbouring reserves, won six Dora Mavor Moore awards. Visit nac.ca for ticket information.

front centre+

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What's on

Here are some dates — and events — to mark down

From professional hockey to rock and roll to thoughts on this summer's cottage season, the Ottawa events calendar has a little something for everyone.

The kick-off to Winterlude — a time where Ottawa residents and tourists celebrate winter in the Nation's Capital — is just days away. For those of you who'd rather be indoors where it's warm, there's a slew of activities to enjoy over the next month or so.

MIKE BEASLEY

ISTOCK

2

Ottawa Senators vs. Red Wings
February 2, 7 pm
Scotiabank Place
Catch some great NHL action when the Senators square off against the Detroit Red Wings, one of the best teams in the Western Conference and the entire league.
ottawasenators.com

6 - 13

Wakefield International Film Festival
February 6-March 13
Wakefield, Quebec
This year's films, to be shown on six successive Sundays from February 6th to March 13th at Café Molo in Wakefield — and with the final seventh presentation at The Black Sheep Inn on Friday, March 18th.
wakefieldfilmfestival.weebly.com

12

Professional Bull Riders
Scotiabank Place
February 12, 7 pm
Professional Bull Riders (PBR) Canada returns to Ottawa for its second annual invitational. For one hard-hitting night, the top bull riders in Canada and the world take over Scotiabank Place to battle the fiercest bucking bulls on the planet.
scotiabankplace.com

24 - 27

The Ottawa Boat, Sportsmen's and Cottage Show
February 24 to 27
Lansdowne Park
Celebrating its last year at Lansdowne Park for its 36th year, the Ottawa Valley's largest show offers the widest selection for everything to do with boating, fishing, camping and enjoying the great outdoors.
ottawaboatandsportshow.ca

in Ottawa

in your calendar ◐ Something for everyone to enjoy

The Ottawa International Motorcycle Show
Exhibit Hall, Lansdowne Park
January 28-30, 2011

28 - 30

The 2011 show will appeal to motorcycle enthusiasts of all ages and genders, and will showcase the leading manufacturers of motorcycle bikes, including Aprilia, BMW, BRP, KTM, Husqvarna, Husaberg, Harley Davidson, Royal Enfield, Suzuki, Triumph, Vespa, Victory and Yamaha, as well as apparel manufacturers.
ottawainternationalmotorcycleshow.ca

GETTY IMAGES

Heart
February 7, 7:30 pm
Ottawa Civic Centre Arena

7

Heart will celebrate the 35th anniversary of their Canadian debut album, Dreamboat Annie, with an extensive homeland tour. The band's hits include Barracuda, Alone, What about Love and Crazy on You.
lansdownepark.ca

ISTOCK

Taste of Winterlude Fare and Flair
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Be a part of Winterlude's most fashionable event. Step into a contemporary winter wonderland inside Ottawa's premier designer boutique hotel.
canadascapital.gc.ca/taste-of-winterlude

ISTOCK

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9 - 13

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scotiabankplace.com

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SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

metro life panel

3 THINGS TO DO IN AN OTTAWA WINTER

Yes it's cold and the ground is covered in snow but that shouldn't stop anybody from having fun in the nation's capital. MIKE BEASLEY

RIDEAU CANAL
Skating

▶ Get outside and enjoy the winter season by skating or walking on the historic Rideau Canal.
Take in Ottawa's beauty from a different perspective as you glide down the canal's 7.5 kilometres of pristine ice on the world's largest skating rink.
Winterlude 2011 will run for four consecutive weekends from February 4 to 21 with activities and events featured along the canal and at the Canadian Museum of Civilization, Confederation and Jacques Cartier Park, as well as the Festival Plaza at Ottawa City Hall.

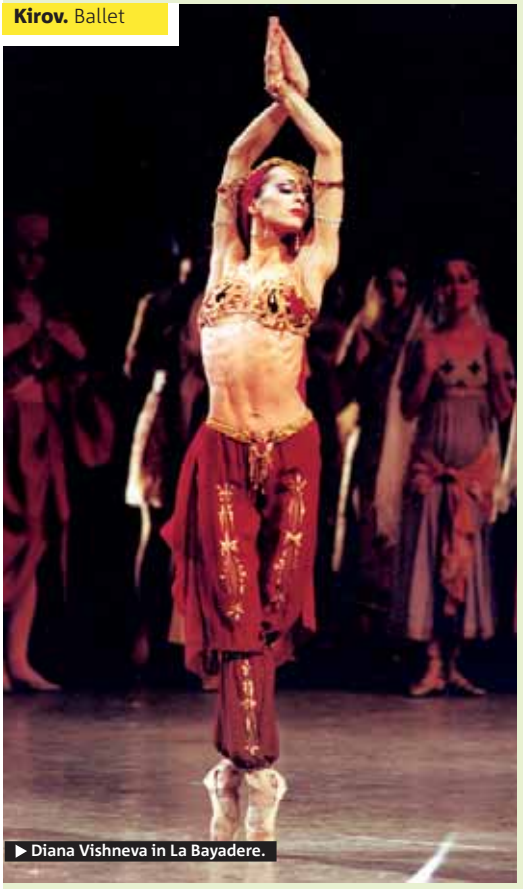
WINTERLUDE
Triathlon

▶ For those who are a little more adventuresome in the cold, sign up for Winterlude's Triathlon, which takes place on Saturday, February 5. The event runs from 8 a.m. to 10 a.m. with an eight kilometre skate, 4.5 kilometre cross country ski and five-kilometre run.
For more information check out capcan.ca/winterlude.

NATIONAL GALLERY
Exhibitions

▶ If the outdoors is not your thing then check out the National Gallery of Canada's presentation of It Is What It Is and their recent acquisitions of new Canadian art.
It will showcase a selection of the gallery's most recent acquisitions from contemporary Canadian artists. These artists create in a variety, and often a combination, of media, from video to drawing and painting, photography to sculpture and installation.
Visit gallery.ca for more information.

Kirov. Ballet



▶ Diana Vishneva in La Bayadere.

VALENTIN BARANOVSKY

A classic comes to the capital

For dance lovers around the world, the mere mention of the Kirov Ballet brings images of unparalleled technical expertise, breathtaking elegance and unrivalled spectacle. This is a rare opportunity to see one of the great classic ballets performed by perhaps the greatest company of its kind in the world. Mariinsky Ballet (The Kirov) - La Bayadere Southam Hall, National Arts Centre. Thursday, Feb. 24 and Friday, Feb. 25 at 7pm; Saturday, Feb. 26 and Sunday, Feb. 27 at 1pm and 7pm. nac.ca

MIKE BEASLEY

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by Evelyne de la Chenelière,
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NAC Orchestra

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English Theatre

Photo: David Hawe

Agokwe
Written and Performed by Waawaate Fobister
Buddies in Bad Times Production
February 1–12

Photo: Henry Fair

Emanuel Ax in Recital
February 1

NAC Orchestra

Photo: Jimmy Katz

Biss & Beethoven
Mark Motors Audi Signature Series
NAC Orchestra with Jonathan Biss
February 2–3

French Theatre

Vérité de soldat
with Alioune Ifra Ndiaye, Jean-Louis Sagot-Duvauroux / Patrick Le Mauff
March 8–12
Coproduced by BlonBa and the NAC French Theatre with the support of Arcadi. Performed in Bambara with French surtitles.

English Theatre

Saint Carmen of The Main
By Michel Tremblay
Translated by Linda Gaboriau
Co-production with Canadian Stage
March 16–April 2

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Intimate cabaret concert
April 1

NAC Orchestra

Broadway's Leading Men
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NAC Orchestra

A Musical Zoo
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Celebrity tweets

Lindsay Lohan [@lindsaylohan] Tom Hardy is just a friend of mine.... The tabloids are wrong.

Lily Allen [@lilyroseallen] Jamie Oliver 30 min meals are so not 30 minutes. Maybe if you don't prep or wash your vegetables properly....

Anthony Bourdain [@NoReservations]

I want to be able eat my burger medium rare. Anywhere. Would anyone think this an unreasonable expectation?

Stephen Fry [@stephenfry] I paid a lot of money to go on vacation on a private jet, but it has a PILOT. METRO

It's a boy for Javier and Penelope

Baby and Oscar nod in same week for Bardem

GETTY IMAGES

▶ Penelope Cruz and Javier Bardem

It's been quite a week for Javier Bardem. Not only was he nominated for an Oscar for his work in Biutiful, but his wife, Penelope Cruz, gave birth to their first child, according to Spanish newspaper El Pais. The baby, reportedly a boy, was born at Cedars-Sinai Medical Center in Los Angeles.

METRO

Johansson over split from Ryan?

GETTY IMAGES

▶ Scarlett Johansson

Scarlett Johansson and Saturday Night Live star Jason Sudeikis may be healing their broken hearts together, according to Life & Style. Johansson, who is divorcing Ryan Reynolds, and Sudeikis, who recently split from January Jones, were spotted at dinner in L.A. recently with fellow SNL cast-member Will Forte and a date. "It definitely looked like a double date," a source says. "Scarlett and Jason were flirting and making lots of eye contact. He reached across the table twice to grab her hand."

METRO

Holmes has them heading for home

GETTY IMAGES

▶ Katie Holmes

Katie Holmes has a new movie, The Son of No One, at the Sundance Film Festival, but her performance is not getting the kind of response she'd like, with many audience members walking out before it finished, according to Us Weekly. "When Katie showed up on screen, there was a collective groan," a source says of the film, in which Holmes stars as the wife of a cop played by Channing Tatum.

METRO

Wedding bells for Hudson, Bellamy

They're already expecting a baby this summer, and now Kate Hudson and Matt Bellamy have a wedding to plan as well, according to the Sun. The pair secretly got engaged recently, announcing it to friends and family at a private party in London this week. "It was an intimate party," a source says. "They kept their engagement secret as they wanted to celebrate with their nearest and dearest before it became public knowledge."

METRO

But I'm famous, really

She may have been up for an Oscar last year and recently split from Shia LaBeouf, but Carey Mulligan still doesn't get recognized out in public — not that she's complaining.

"Hand on heart, I've never been stopped in the street by anyone. Ever. No one recognizes me, which is great," she tells Look magazine.

"I was sitting in a gondola at the Telluride Film Festival with six people who had just watched Never Let Me Go. They were having a conversation about it and criticizing it, and I was sitting there and they had no idea."

METRO

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3 life

Let the baby bump fashion begin!

- Hollywood is abuzz with a major baby boom
- But what can real-life moms-to-be who don't retain a glam squad on payroll do?
- For one, resist falling into the maternity trap of shapeless dresses and 'mom' jeans

Pregnancy pick

Elle MacPherson Intimates bras
Non-wired maternity bras are essential but can be frumpy; this range is practical and pretty.

BRAS
ellemacpherson-intimates.com

London-based Canadian designer Mark Fast teams with Danier for new collection

EMMA E. FORREST
METRO WORLD NEWS

A quick rundown of the celebrities who have had babies or announced that they are expecting one this month:

Victoria Beckham, Natalie Portman, Nicole Kidman, Owen Wilson, Kate Hudson, Miranda Kerr, Ivanka Trump, Hilary Duff, Alicia Silverstone, Selma Blair...

The list goes on and on.

Bring on the celebrity maternity style stories!

But what should us ordinary mortals wear?

There seems to be two schools of thought on maternity looks.

The old-school approach that suggests you hide your bump, covering up in tent-like dresses and shapeless tops.

Or the newer method that relies on "the tighter the better" philosophy: going sexy, embracing the shape of your belly in skin-tight Lycra and wrap-dresses.

Fortunately there's a middle ground between the two.

This year's spring/summer trends are filled with floaty maxi skirts and dresses that allow you to be in fashion as your belly grows.

High street brands have wised up to the sartorial dilemmas facing fashion-conscious expectant moms. So try Gap, Zara and ASOS for on-trend or timelessly chic basics.

Invest in decent maternity jeans, leggings and long vests and you'll be able to adapt your current wardrobe.

Be sure to include kaftans, maxi skirts and dresses, tunics and empire-line frocks that you'll want to wear again post-pregnancy.

The coolest thing is that you can try out looks you might not normally wear; you can get away with a tighter top if it reveals a baby, not a beer gut.

GETTY IMAGES

▶ Maxi dresses, such as Natalie Portman's dress here, are on-trend and baby-bump flattering.

3 THREE WAYS TO ADAPT TO THE BABY BUMP

BLAZER

- You don't need to close the blazer over your bump, so wear it with jeans or trousers for a smart work look.

VINTAGE ROCK TEE

- Adopt an anti-mumsy look by wearing jeans with an outrageous rock band tour T-shirt.

GREAT JEANS

- Decent maternity jeans are a must, as they're comfortable and can look smart, too. Team them with the aforementioned blazer for a casual, "executive" look.

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Make room in your wardrobe

We rounded up Paris and Milan's best trends for autumn/winter 2011 that you can incorporate into your wardrobe right now

RICHARD PECKETT
METRO WORLD NEWS

▶ Louis Vuitton 1

▶ Dolce & Gabanna 2

▶ Gucci 3

1. MONOCHROME HEAD-TO-TOE

Whether you channel the darkness and unnerving mood of Paul Helber's collection for Louis Vuitton or Bottega Veneta's relaxed but raw approach, the message is that it's time to go monochrome. Of course, when there's not much colour it's the details that count.

2. RELAXED TAILORING

2011 will be about mixing up fabrics like velvet and wool or sportswear quilted coats and tailoring. It's about doing something unexpected and playing with convention. Dolce & Gabbana relaxed the cut of their trousers, adopting drop-crotch and pleated styles among others.

3. THE SEVENTIES

The women's collections must have still lingered in the designers' minds because the men got the same Seventies treatment. Dries Van Noten introduced David Bowiesque orange hair, fur and white contrast lapels, while Miuccia Prada went kitsch. Colours to look out for are burgundy, teal, caramel and brown.

Beauty pick

L'Occitane Almond Apple Sweet Peel

This peel, an effective, all natural antidote to oily skin, smells and tastes like a homemade poultice, and gives professional results. It's made of crushed almond shells, organic apple extract, almond extract and cider vinegar, which all work to unblock pores, smooth out texture and moisturize the skin.

KENYA HUNT

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Michelle

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A Metal-Morphosis

From neutrals to jewel tones, metallic eyeshadows gleamed on the runways. Metallics can also be fresh for daytime, says Simone Otis, makeup artist and Joe Fresh Style beauty consultant. "Wear one colour, such as silver, gold or copper, as a sheer wash over the lid, and finish with curled lashes and mascara."

Lise Watier Limited Edition Jingle Belle Eyeshadow Palette. $38, lisewatier.com

Hard Candy Take Me Out Liners (Molten Metal) in Luxe and Sailor. $5 each, walmart.ca

L'Oréal Paris HiP Studio Secrets Crystal Shadow Duos in Charming and Romantic. $10, lorealparis.ca

Jillian Dempsey for Avon Eye Duo in Gold/Jet Black. Metallic shadow on one end for soft daytime sheen, and inky liquid liner on the other to wing out for night. $10, avon.ca

Visit THEKIT.ca for your daily hit of beauty—inside and out! Subscribe for FREE and never miss a single issue!

The-Ahn designing for Lole

KEITH BEATY TORONTO STAR

After recently closing up shop on his signature label, Andy The-Anh is bouncing back in a brand-new role.

The acclaimed Montreal-based designer is shifting from eveningwear to activewear by teaming with Canadian lifestyle clothing company Coalision.

The-Anh will be head designer for its Montreal-based Lole women's lifestyle brand.

"Lole is an acronym of Live Out Loud Everyday, a philosophy I not only live by but infuse into my designs," The-Anh said in a statement.

THE CANADIAN PRESS

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A very British Invasion

With a royal wedding ahead, U.S. design turning focus on London

BLISS LIVING HOME/THE ASSOCIATED PRESS

▶ British inspired novelty candles.

Goodbye, Paris. Hello, London! While the French capital's been dear to home decorators for several years, we're seeing the look of London more and more in the newest furnishings and accessories.

Is it fleur-de-lis fatigue? Too many Eiffel Towers? Perhaps. As designer Mei Xu notes, "London blends charm and cheekiness, traditions and trends."

And it doesn't hurt to have a royal wedding just around the corner.

Xu's Bliss Living Home has introduced an extensive collection inspired all by things British.

"To me, London's simply irresistible," she says. "It's such a vibrant city, where the past and present merge."

She remembers a visit by Margaret Thatcher to her childhood school in China. The Prime Minister gave the students a large book about the wedding of Charles and Diana. For Xu, it revealed an exciting and glamorous world, and it inspired her creative career.

METROSOFA/THE ASSOCIATED PRESS

▶ British Flag White Throne Chair

AMERICAN CHATEAU/THE ASSOCIATED PRESS

▶ London street wall decal

Her collection's colour palette uses white and charcoal, hues associated with London's often damp weather, and a soft mint green that seems to blend the sea and the forest.

There are candles shaped like Big Ben; pillows showing double-decker buses and classic phone booths; printed bedding with the London Bridge; and blankets, rugs and shower curtains with an oversize hounds-tooth pattern and riding-set vibe. Metallic inks etch crowns on pillows, table linens and tea sets.

Stickerbrand has a two-metre wall decal of Big Ben, London's famous clock, and American Chateau has a large decal of a city intersection in the heart of London.

The bright red London phone booth, one of the city's historic trademarks, was retired many years ago. Replicas are available in the $1,000 range. But for a few dollars, you can create the illusion of one with a door-size poster from Poster Revolution.

Doctor Who fans might like Artfire's wall decal of the Tardis police phone booth.

Metrosofa has a white, throne-style chair featuring the flag upholstered on the back; it's much smarter looking that it sounds, honestly.

And finally, Naked Decor uses vibrant colours like navy, sky blue, scarlet and inky black to transform several icons — the Union Jack, Tower of London, even the Queen's silhouette and the keys to Buckingham Palace — into clocks, pillows and other accessories. The collection is called British Invasion.

THE ASSOCIATED PRESS

BLISS LIVING HOME/THE ASSOCIATED PRESS

▶ Victoria table linens and British inspired tea set

▶ Carrie Bradshaw's dream closet from Sex And The City.

DECOR MOMENT

CLOSETED LUXURIES

KARL LOHNES
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You may not have a closet like in a movie star's mansion, but there are some easy yet luxurious touches you can add to make your morning dressing routine a little more enjoyable.

CLEAR PLASTIC SWEATER BOXES

They keep dust off fine sweaters and folded shirts, make for easy to see contents and are great for upper shelves in the closet. They also make fantastic bins for lingerie.

CLOSET STEAMER VALET

Rid your clothes of wrinkles right at the closet, no need to touch up your clothes in the laundry room. Also great for freshening up a garment.

VARIETY OF HANGERS

From wood, plastic and velvet, choosing the right hanger will allow your clothes to hang properly.

Remember: the slinkier the fabric the more grip your hanger needs (think rubber or velvet). Larger-sized men's suit jackets needs a larger-ended hanger to keep the shoulders supported while hanging.

SHOE BOXES

Keep your good shoes tidy and protected by storing them in individual shoe boxes.

Stack directly above the outfit that they match and you are all set to get dressed in a hurry.

SUIT VALET

Considered something your grandfather might have used, a wooden suit valet is invaluable to keeping him organized and his clothing tidy.

Here are some more ideas to upgrade your existing closet's decor.

CLOSET DOORS

Changing swing or slider-style doors is not a difficult project and can help to update the look of your closet.

If you have sliding doors then consider upgrading to a mirrored door, frosted glass or stylish wood veneers.

If you have traditional swing doors consider switching them to glass or mirrored panels, or a new, stylish louvered door.

Painting your existing closet door (inside and out) a fashionable colour like red, orange or dark grey adds personality to your closet.

PAINT OR WALLPAPER THE INTERIOR

Once you have everything out of the closet, give it a fresh coat of paint or a layer of wallpaper to help update the look. Choose a fun colour (like Tiffany blue or bright orange).

It will offer a real surprise of colour each time you open the closet door. It's also a great idea to add an interior light and perhaps a small closet safe (like in hotel rooms) to keep valuables all in one place.

MATCH NEW SHELVING COLOUR TO YOUR DECOR

If installing new laminate or wood shelving, match its colour to the furnishings within the room.

Most shelving comes in a variety of light-to-dark tones that can easily be matched to your dresser, bed or night tables. This idea will unite and co-ordinate the entire bedroom/dressing area.

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A remedy for the winter blues

This Gardener's Chicken is a creamy casserole that pairs perfectly with mashed potatoes or seasonal veggies

READER'S DIGEST

Preparation:

1. Heat oil in a deep frying pan. Add chicken and brown on all sides for 8 to 10 minutes, over medium heat. Remove the chicken and set aside.
2. Melt butter in pan. Add carrots and leek whites. Stir, cover and cook 10 minutes over low heat. Season with salt and pepper.
3. Cover vegetables with chicken. Scatter over 2/3 of the parsley and leek greens. Pour over stock to cover. Bring it to a boil then reduce heat, cover and simmer 1 hour or until the chicken is tender.
4. Discard parsley. Transfer vegetables and chicken to serving dish with slotted spoon.
5. Boil stock until reduced by third. Reduce heat.
6. Mix egg yolks with crème fraîche or sour cream. Blend mixture into stock and simmer, stirring, 2 minutes, until thickened. Do not let boil. Roughly chop remaining parsley. Pour sauce over chicken and sprinkle with parsley.

READER'S DIGEST

Ingredients:

- 2 tbsp canola oil
- 1 chicken, jointed into 6 pieces
- 2 tbsp butter
- 400 g carrots, peeled and cut into chunky batons
- 1 kg leeks, whites sliced and greens shredded
- 25 g fresh parsley
- 2 ¼ cups chicken stock
- 2 egg yolks
- 2 tbsp crème fraîche or sour cream
- Salt and pepper

▶ This Gardener's Chicken will distract you from your January blahs.

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	YES	NO
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I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to fi ve or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confi dential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

01-27-10

7th Barefoot Contessa book is all about ease

Ina Garten's new release focuses on stress-free recipes

Ina Garten, better known by her fans as the Barefoot Contessa, hopes to turn you on to some stress-free recipes with her seventh book, How Easy is That?

In this book, which has hit the bestseller lists in the U.S., her theme is saving time and avoiding kitchen stress. But, as she says in her introduction, "these aren't recipes with three ingredients that you can throw together in five minutes before dinner."

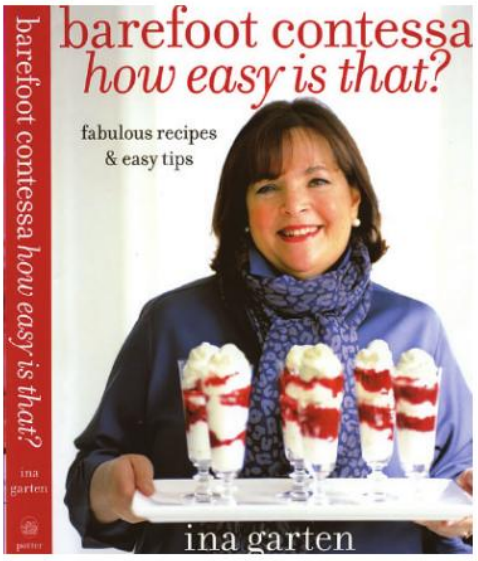
Rather, her emphasis is on dishes impressive enough for dinner parties, but featuring everyday ingredients, easy shortcuts and simple techniques.

The book covers everything from cocktails to dessert, and every recipe is beautifully illustrated so it is easy to see what the end result should be.

Are the recipes as easy as Garten says? For the most part, yes. None of the recipes has a lengthy list of ingredients, yet they offer interesting flavours.

Recipes are well-explained and appeal to both novice and experienced cooks. Garten also includes 68 entertaining tips.

THE CANADIAN PRESS



THIS WEEK'S SUPER DEALS
JAN 28~ Feb 3, 2011

Fri	Sat	Sun	Mon	Tue	Wed	Thu
28	29	30	31	01	02	03

LIMITED TO OTTAWA STORE

大統華 T&T Supermarket
224 Hunt Club Road, Ottawa, ON, K1V 1C1
613-731-8113

4 DAYS ONLY Fri, Sat, Sun, Mon 1/28-1/31

Fresh Rougheye 3.99 /LB 8.80/KG

Certified Angus Beef Striploin Steak 7.88 /LB 17.37/KG

Otasty Jumbo Dumplings 3 FOR 10.99 SAVE $4.58

4 DAYS ONLY Fri, Sat, Sun, Mon 1/28-1/31

Orchids 12.88 /EA Product of Canada

T&T BAKERY

Assorted Baked Rice Cakes 4.68 /BOX SAVE $1

4 DAYS ONLY Fri, Sat, Sun, Mon 1/28-1/31

Sado Sushi 6.99 /BOX SAVE $1

Unico Vegetable Oil 3L 4.99 /BTL SAVE $1

Arizona Green Tea 88¢ /CAN

24 x 680ML Arizona Green Tea 15.98 /CASE SAVE $4.01

2011 Chinese New Year In-store event
Feb 5-Feb 6 (Saturday - Sunday) Ottawa Store
Lion Dance Performance
God of Fortune gives away "Red Pockets*" !
* Red packets decorated with gold symbols and filled with "lucky money".
Please visit our store or website for more details.

CHINESE NEW YEAR SPECIALS

Traditional Rice Cakes 4.88 /Ecx
Steamed Rice Cakes 1.68 /Each
Assorted Deluxe Pastries with Egg Yolk 13.88 /Box
Sweet Lotus Seeds 3.88 /Bag

SPECIAL CHINESE NEW YEAR MEALS

Braised Premium Whole Sea Cucumber with Shrimp Balls 28.88
Supreme Buddha Temptations 23.88
Fried Jumbo Scallops with Cream Sauce 23.88
Stewed Venison Ribs with Resh 28.88

The above dishes are refrigerated, please heat prior to serving.
Please order 3 days in advance, while stock last. Serving size:4-5 persons

- Check prices on display tags in store in case of discrepancy due to a printing error in this advertisement
- Offers valid while stocks lasts
- T&T reserves the right to limit quantities

9am-9pm (Wed-Thurs) 9am-10pm (Fri-Tues) www.TnTsupermarket.com

All-star break comes mercifully

Senators get a week off in the midst of a six-game winless streak

Before the Senators went their separate ways for the all-star break, veteran defenceman Chris Phillips admitted he'd like to play for a playoff contender.

"Yeah, and I want this team to be a contender," the 32-year-old blue-liner said.

But with the realization that a post-season in Ottawa isn't looking likely, Phillips may be down to his last few weeks as a member of the Senators after spending his first 12 years in the NHL with the team.

The Senators 3-2 overtime loss to the Buffalo Sabres Tuesday left them with a 17-25-8 record and in 13th place in the Eastern Conference.

And with the realization that they will likely miss the playoffs for the second time in three seasons, changes are expected ahead of the trade deadline.

As one of the few Senators who may be attractive to playoff-bound teams, there's a good chance Phillips could be asked to waive his no-trade clause.

"That's something that has to be decided on the other side and then we'll talk about it, but I'm still not sure where that stands," he said.

The break brings an end to a 13-game stretch in which the Senators have just one win.

That prompted owner Eugene Melnyk to speak out earlier this week to assure that general manager Bryan Murray and coach Cory Clouston would be allowed to finish out their contracts.

Murray has taken his share of the blame among fans and media for his role in the team's predicament. Many of his player personnel decisions over the past couple years have not panned out.

Fans in Ottawa have given up on the playoffs and have warmed to the idea of rebuilding the Senators.

Starting fresh is just what the Senators and their fragile psyche need, however, and the all-star break is a chance for a new start to the season's second half. **THE CANADIAN PRESS**

Costly mistakes

A few moves by general manager Bryan Murray that haven't panned out.

- **Pascal Leclaire** has been constantly injured and when he has played, he hasn't been very good.
- **Milan Michalek,** the remnant of the Dany Heatley trade, has been inconsistent in returning from off-season ACL surgery.
- **Sergei Gonchar** was brought in to quarterback a power play that ranks 21st in the league and finally ended an 0-for-24 slump with a goal Tuesday.

JIM MCISAAC/GETTY IMAGES

▶ Chris Phillips could be a trade chip for the Senators come the Feb. 28 trade deadline.

Nadal's shot at history cut off by countryman

Rafael Nadal's bid to win four straight Grand Slam tournaments is over.

An injury-affected Nadal lost for the second straight year in the Australian Open quarter-finals, going down 6-4, 6-2, 6-3 yesterday to fellow Spaniard David Ferrer.

Nadal, who appeared to have tears in his eyes during a changeover while trailing 3-0 in the third set, took a medical timeout for an apparent leg injury after three games and was clearly out of sorts, failing to chase down balls that he would ordinarily return easily. **THE ASSOCIATED PRESS**

"This is a difficult day for me. Today I can't do more than what I did, he played at a very high level."
RAFAEL NADAL

SCOTT BARBOUR/GETTY IMAGES

▶ Rafael Nadal

Sports in brief

Ban proposed for Contador

CYCLING. Alberto Contador says Spanish cycling officials are proposing a one-year ban for the Tour de France champion who failed a doping test.

In a statement released by his spokesman yesterday, Contador says the Spanish cycling federation's disciplinary committee informed him of the decision.

If banned, Contador would lose his third Tour title because of the positive clenbuterol result he blames on contaminated meat. **THE ASSOCIATED PRESS**

Cahoon leaves on a high note

CFL. Fresh from a second straight Grey Cup win, veteran Montreal Alouettes slotback Ben Cahoon is calling it quits. The 38-year-old announced his retirement from the CFL team yesterday. **THE CANADIAN PRESS**

4 sports

"This one feels great due to the fact that I've been through so much and trained to getting back to this position."
MICHAEL VICK, ON MAKING HIS FOURTH PRO BOWL APPEARANCE — AND FIRST SINCE SERVING 18 MONTHS FOR HIS ROLE IN A DOGFIGHTING OPERATION

"It came in a different fashion. I displayed different talents this year and showed really what I could do in the passing game along with doing everything else."
VICK

Scan code for more sports

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	50	33	12	2	3	174	130	71	16-7-0-2	17-5-2-1	8-2-0-0	W2
d-Tampa Bay	51	31	15	3	2	154	154	67	16-4-1-1	15-11-2-1	7-3-0-0	W5
d-Boston	50	28	15	2	5	152	112	63	13-9-1-2	15-6-1-3	7-3-0-0	W1
Pittsburgh	50	31	15	2	2	154	114	66	17-9-1-0	14-6-1-2	6-3-0-1	W2
Washington	51	27	15	5	4	140	129	63	16-5-2-4	11-10-3-0	4-3-2-1	L2
NY Rangers	52	29	20	2	1	148	126	61	12-11-1-1	17-9-1-0	5-5-0-0	L1
Montreal	50	27	18	4	1	130	123	59	16-6-3-1	11-12-1-0	6-2-1-1	L2
Atlanta	52	24	19	3	6	152	166	57	12-9-1-4	12-10-2-2	3-4-1-2	W1
Carolina	50	25	19	2	4	153	155	56	13-8-1-1	12-11-1-3	6-4-0-0	W2
Buffalo	49	23	21	5	0	137	144	51	11-12-1-0	12-9-4-0	7-3-0-0	W2
Florida	49	22	22	2	3	131	131	49	11-8-2-3	11-14-0-0	4-3-1-2	L1
Toronto	49	19	25	2	3	124	153	43	10-11-2-2	9-14-0-1	4-5-0-1	L3
Ottawa	50	17	25	5	3	108	160	42	9-14-2-2	8-11-3-1	1-6-1-2	L6
NY Islanders	49	15	27	3	4	119	162	37	8-12-1-3	7-15-2-1	2-7-0-1	L3
New Jersey	49	16	30	2	1	101	144	35	9-13-1-1	7-17-0-1	6-3-1-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	49	30	10	4	5	163	120	69	16-3-1-4	14-7-3-1	4-2-1-3	W1
d-Detroit	49	30	13	4	2	166	143	66	15-6-3-1	15-7-1-1	6-3-0-1	W1
d-Dallas	50	30	15	1	4	147	137	65	16-6-1-3	14-9-0-1	7-2-0-1	W1
Nashville	49	27	16	4	2	133	117	60	11-4-3-2	16-12-1-0	7-3-0-0	L1
Anaheim	52	28	20	2	2	140	146	60	17-7-0-1	11-13-2-1	7-3-0-0	W2
Phoenix	50	24	17	6	3	144	143	57	10-9-3-2	14-8-3-1	5-4-0-1	L2
Chicago	50	26	20	2	2	157	139	56	16-13-0-0	10-7-2-2	6-3-0-1	L2
Colorado	49	25	18	6	0	159	160	56	14-10-3-0	11-8-3-0	5-4-1-0	W1
San Jose	49	25	19	4	1	137	135	55	12-10-2-1	13-9-2-0	4-6-0-0	W4
Minnesota	49	25	19	1	4	130	134	55	11-11-0-2	14-8-1-2	6-4-0-0	W1
Los Angeles	49	26	22	1	0	140	122	53	16-9-1-0	10-13-0-0	4-6-0-0	W2
Calgary	50	23	21	2	4	140	151	52	13-9-0-1	10-12-2-2	5-2-1-2	W3
St. Louis	48	22	19	3	4	129	142	51	15-8-1-2	7-11-2-2	2-6-1-1	L3
Columbus	49	23	21	3	2	130	152	51	12-11-0-1	11-10-3-1	3-5-1-1	L1
Edmonton	49	15	26	1	7	122	168	38	7-13-1-3	8-13-1-3	2-7-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Dallas 3 Edmonton 1
Atlanta 1 Washington 0
Boston 2 Florida 1
Carolina 4 N.Y. Islanders 2
Detroit 3 New Jersey 1
Phoenix at Colorado
St. Louis at Calgary
Nashville at Vancouver
San Jose at Los Angeles
Philadelphia 5 Montreal 2
Tampa Bay 2 Toronto 0
Pittsburgh 1 N.Y. Islanders 0
Florida 4 N.Y. Rangers 3
Anaheim 3 Columbus 2
Minnesota 4 Chicago 2
Tuesday's results
Buffalo 3 Ottawa 2 (OT)
Edmonton 4 Phoenix 3
Tonight's games
No Games Scheduled.
ALL-STAR WEEKEND
At Raleigh, N.C.
Tomorrow's game
All times Eastern
All-star player draft, 8 p.m.

LATE TUESDAY

FLYERS 5, CANADIENS 2

First Period
1. Philadelphia, Carter 23 (Richards, Pronger) 17:42 (pp)
2. Philadelphia, Timonen 3 (Pronger, Richards) 18:45 (pp)

Penalties — Gomez Mtl (cross-checking), Carcillo Pha (roughing) 3:33, Zherdev Pha (slashing) 7:23, Kostitsyn Mtl (slashing) 16:03, Spacek Mtl (holding) 17:14, Subban Mtl (slashing) 17:34.

Second Period
3. Philadelphia, Carcillo 3 (Pronger) 0:23
4. Montreal, Desharnais 3 (Gill, Darche) 12:43
5. Philadelphia, Giroux 19 (Hartnell, Briere) 16:52 (pp)

Penalties — O'Donnell Pha (interference) 2:31, Desharnais Mtl (slashing) 8:48, Montreal bench (too many men; served by Desharnais) 15:11, Meszaros Pha (slashing) 19:43.

Third Period
6. Montreal, Darche 9 (Moen, Hamrlik) 15:17
7. Philadelphia, Briere 26 (Pronger, Bobrovsky) 19:35 (en)

Penalties — Nodl Pha (slashing) 5:48, Pronger Pha (roughing) 7:51, Pouliot Mtl (interference), Pronger Pha (roughing), Carcillo Pha (misconduct) 11:24, Hartnell Pha (boarding) 13:13, Meszaros Pha (slashing) 19:48.

Shots

Montreal	9	15	7—31
Philadelphia	10	16	9—35

Goal — Montreal: Price (L,24-16-5); Philadelphia: Bobrovsky (W,21-6-3). **Power plays (goals-chances)** — Montreal: 0-7; Philadelphia: 3-5.
Referees — Chris Rooney, Ian Walsh. **Linesmen** — Pierre Champoux, Brad Kovachik.
Att. — 19,878 (19,537) at Philadelphia.

OILERS 4, COYOTES 3

First Period
1. Phoenix, Upshall 13 (Yandle, Stempniak) 5:27 (pp)

Penalties — Horcoff Edm (hooking) 4:57, Hall Edm (tripping) 15:32.

Second Period
2. Phoenix, Turris 8 (Ra.Whitney, Yandle) 1:54
3. Edmonton, Jacques 3 (Stortini, Foster) 7:11

Penalty — Korpikoski Pho (tripping) 15:48.

Third Period
4. Edmonton, Hall 16 (Horcoff, Petry) 2:56 (pp)
5. Edmonton, Omark 3 (Gagner, Paajarvi) 4:08
6. Phoenix, Upshall 14 (Doan, Turris) 8:29
7. Edmonton, Penner 15 (Hall, Horcoff) 19:38

Penalties — Hanzal Pho (interference) 1:36, Bissonnette Pho (high-sticking) 5:06, Peckham Edm (slashing) 19:49.

Shots

Edmonton	9	14	12—35
Phoenix	9	10	8—27

Goal — Edmonton: Dubnyk (W,5-4-6); Phoenix: Bryzgalov (L,18-12-6). **Power plays (goals-chances)** — Edmonton: 1-3; Phoenix: 1-3.
Referees — Marcus Vinnerborg, Dennis LaRue.
Linesmen — Jonny Murray, Shane Heyer.
Att. — 10,057 (17,135) at Glendale, Ariz.

SCORING LEADERS

	G	A	PT
Stamkos, TB	38	29	67
Crosby, Pgh	32	34	66
D.Sedin, Vcr	27	36	63
H.Sedin, Vcr	11	50	61
St. Louis, TB	20	40	60
B.Richards, Dal	20	37	57
Zetterberg, Det	16	36	52
Perry, Ana	25	26	51
Ovechkin, Wash	19	32	51
E.Staal, Car	23	26	49
Eriksson, Dal	17	32	49
Kopitar, LA	16	33	49
Kesler, Vcr	27	20	47
Giroux, Pha	19	28	47
M.Richards, Pha	17	30	47
Sharp, Chi	26	20	46
Iginla, Cal	21	25	46
Backstrom, Wash	12	34	46
Briere, Pha	26	19	45
Selanne, Ana	15	30	45
J.Carter, Pha	23	21	44
Duchene, Col	19	25	44
Havlat, Minn	14	30	44
J.Thornton, SJ	13	31	44
Ribeiro, Dal	10	34	44
Nash, Clb	23	20	43
Heatley, SJ	18	25	43
M.Koivu, Minn	14	29	43
Visnovsky, Ana	8	35	43
P.Stastny, Col	17	25	42
Hejduk, Col	15	27	42
Lidstrom, Det	11	31	42
Yandle, Phx	7	35	42
Vanek, Buf	18	23	41
Byfuglien, Atl	16	25	41
Enstrom, Atl	8	33	41
Letang, Pgh	7	34	41
Skinner, Car	18	22	40
Toews, Chi	17	23	40
Plekanec, Mtl	16	24	40
MacArthur, Tor	15	25	40
T.Ruutu, Car	12	28	40
Ryan, Ana	22	17	39
Bergeron, Bos	16	23	39
Ladd, Atl	16	23	39
Datsyuk, Det	12	27	39
J.Williams, LA	18	20	38
Dubinsky, NYR	17	21	38
Grabovski, Tor	20	17	37
Neal, Dal	20	17	37
D.Brown, LA	17	20	37
Backes, StL	16	21	37
Malkin, Pgh	15	22	37
Getzlaf, Ana	13	24	37
P.Kane, Chi	13	24	37
Clowe, SJ	12	25	37
J.Jokinen, Car	12	25	37
Tanguay, Cal	12	25	37
Marleau, SJ	18	18	36
Tavares, NYI	18	18	36
Steen, StL	15	21	36
Elias, NJ	13	23	36
Leino, Pha	11	25	36
Ra.Whitney, Phx	10	26	36
Franzen, Det	20	15	35
Semin, Wash	18	17	35
Roy, Buf	10	25	35
Liles, Col	6	29	35
Kessel, Tor	19	15	34
Hartnell, Pha	17	17	34
Brassard, Clb	12	22	34
Umberger, Clb	17	16	33
Kulemin, Tor	16	17	33
Kunitz, Pgh	16	17	33
Benn, Dal	13	20	33
Weiss, Fla	13	20	33
Doan, Phx	11	22	33
Malone, TB	11	22	33
Wisniewski, NYI-Mtl	5	28	33
J.Johnson, LA	4	29	33

Not including last night's games

NFL

PRO BOWL

Sunday's game
At Honolulu
AFC vs. NFC, 7 p.m.

SUPER BOWL XLV

Sunday, Feb. 6
At Arlington, Texas
Pittsburgh (AFC) vs. Green Bay (NFC), 6:30 p.m.

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia
Wednesday's results
MEN
Singles — Quarter-finals
David Ferrer (7), Spain, def. Rafael Nadal (1), Spain, 6-4, 6-2, 6-3.
Andy Murray (5), Britain, def. Alexandr Dolgopolov, Ukraine, 7-5, 6-3, 6-7 (3), 6-3.
Doubles — Quarter-finals
Max Mirnyi, Belarus, and **Daniel Nestor (2), Toronto,** def. Mariusz Fyrstenberg and Marcin Matkowski (5), Poland, 7-6 (3), 6-3.
Mahesh Bhupathi and Leander Paes (3), India, def. Michael Llodra, France, and Nenad Zimonjic (8), Serbia, 6-4, 6-4.
WOMEN
Singles — Quarter-finals
Vera Zvonareva (2), Russia, def. Petra Kvitova (25), Czech Republic, 6-2, 6-4.
Kim Clijsters (3), Belgium, def. Agnieszka Radwanska (12), Poland, 6-3, 7-6 (4).
Doubles — Semifinals
Victoria Azarenka, Belarus, and Maria Kirilenko (12), Russia, def. Kveta Peschke, Czech Republic, and Katarina Srebotnik (2), Slovenia, 6-2, 6-4.
Gisela Dulko, Argentina and Flavia Pennetta (1), Italy, def. Liezel Huber, U.S., AND Nadia Petrova (4), Russia, 6-4, 7-5.

SOCCER

ENGLAND

PREMIER LEAGUE

Yesterday's result
Liverpool 1 Fulham 0

CARLING CUP

SEMIFINAL
Second Leg
Yesterday's result
Birmingham 3 West Ham 1 (extra time)
(Birmingham advances on 4-3 aggregate)

GERMANY

GERMAN CUP

QUARTER-FINALS
Yesterday's result
Aachen 0 Bayern Munich 4
Cottbus 1 Hoffenheim 0
Duisburg 2 Kaiserslautern 0

ITALY

ITALIAN CUP

QUARTER-FINALS
Yesterday's results
Napoli 0 Inter Milan 0 (extra time)
(Inter Milan wins 5-4 on penalties)
Sampdoria 1 AC Milan 2

SCOTLAND

PREMIER LEAGUE

Yesterday's results
Celtic 4 Hearts 0
Hibernian 0 Rangers 2
Inverness 0 Aberdeen 2
St. Johnstone 1 Motherwell 0
St. Mirren 1 Dundee United 1

SPAIN

COPA DEL REY

SEMIFINALS
First Leg
Yesterday's results
Barcelona 5 Almeria 0
Sevilla 0 Real Madrid 1

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

MINNESOTA TWINS—Claimed LHP Dusty Hughes off waivers from Kansas City. Designated RHP Rob Delaney for assignment
N.Y. YANKEES—Agreed to terms with RHP Bartolo Colon on a minor league contract.
TAMPA BAY RAYS—Announced the retirement of OF Rocco Baldelli, who accepted a position as a special assistant with the team.

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS—Agreed to terms with C Miguel Montero on a one-year contract.
CINCINNATI REDS—Agreed to terms with RHP Johnny Cueto on a four-year contract.
SAN FRANCISCO GIANTS—Agreed to terms with RHP Marc Kroon on a minor league contract.

BASKETBALL

NBA

ORLANDO MAGIC—Waived G Jason Williams.
TORONTO RAPTORS—Signed G Trey Johnson to a 10-day contract. Released G Sundiata Gaines.

FOOTBALL

NFL

MIAMI DOLPHINS—Named Ike Hilliard assistant wide receivers coach, Tony Sparano Jr. offensive quality control coach and Dave Fipp assistant special teams coach. Promoted receivers coach Karl Dorrell to quarterbacks coach, offensive quality control coach Steve Bush to receivers coach and assistant special teams coach Darren Rizzi to special teams coordinator.
N.Y. JETS—Signed DB Will Billingsley, RB Carlos Brown, LB Cody Brown, P T.J. Conley, G Marlon Davis, C Robby Felix, RB Chris Jennings, DL Matt Kroul, G Dennis Landolt, CB Ellis Lankster, LB Joey LaRocque, WR Logan Payne, DT Carlton Powell, LB Brashton Satele, DB Richard Taylor, LB Brian Toal, DE Lorenzo Washington and QB Drew Willy to reserve/futures contracts.

HOCKEY

NHL

CHICAGO BLACKHAWKS—Assigned D Nick Leddy to Rockford (AHL).
COLUMBUS BLUE JACKETS—Assigned LW Matt Calvert to Springfield (AHL).
MINNESOTA WILD—Reassigned F Cody Almond to Houston (AHL).
MONTREAL CANADIENS—Assigned C Ryan White to Hamilton (AHL).
OTTAWA SENATORS—Re-assigned G Mike Brodeur and F Bobby Butler to Binghamton (AHL).

AHL

CONNECTICUT WHALE—Announced the N.Y. Rangers (NHL) returned F Brodie Dupont, F Evgeny Grachev, F Chad Kolanik, F Kris Newbury and D Michael Del Zotto to the team.

LACROSSE

NLL

MINNESOTA SWARM—Traded T Ryan Sharp to Toronto for a 2013 first-round draft pick. Signed D Brock Boyle.

SOCCER

MLS

CHICAGO FIRE—Re-signed D Dasan Robinson.
PORTLAND TIMBERS—Signed G Adin Brown and D Steve Purdy.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	34	10	.773	—
d-Miami	31	13	.705	3
d-Chicago	31	14	.689	3½
Orlando	30	16	.652	5
Atlanta	29	16	.644	5½
New York	23	21	.523	11
Philadelphia	20	25	.444	14½
Charlotte	18	25	.419	15½
Indiana	16	26	.381	17
Milwaukee	16	26	.381	17
Detroit	17	29	.370	18
New Jersey	14	32	.304	21
Washington	13	31	.295	21
Toronto	13	33	.283	22
Cleveland	8	37	.178	26½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	38	7	.844	—
d-L.A. Lakers	33	13	.717	5½
Dallas	29	15	.659	8½
New Orleans	30	16	.652	8½
d-Oklahoma City	28	16	.636	9½
Denver	27	18	.600	11
Utah	27	18	.600	11
Portland	25	21	.543	13½
Memphis	22	24	.478	16½
Phoenix	20	23	.465	17
Houston	21	25	.457	17½
Golden State	19	25	.432	18½
L.A. Clippers	17	27	.386	20½
Sacramento	10	33	.233	27
Minnesota	10	34	.227	27½

d — division leader
Last night's results
Orlando 111 Indiana 96
New Jersey 93 Memphis 88
Philadelphia 107 Toronto 94
Denver 109 Detroit 100
Atlanta at Milwaukee
Oklahoma City at Minnesota
L.A. Clippers at Houston
Charlotte at Phoenix
San Antonio at Utah
New Orleans at Golden State
Tuesday's results
Denver 120 Washington 109
Boston 112 Cleveland 95
Dallas 112 L.A. Clippers 105
Charlotte 94 Sacramento 89
L.A. Lakers 120 Utah 91
Tonight's games
Miami at New York, 8 p.m.
Houston at Dallas, 8:30 p.m.
Boston at Portland, 10:30 p.m.

SIXERS 107, RAPTORS 94

PHILADELPHIA (107)
Iguodala 7-11 0-0 15, Brand 6-10 2-2 14, Hawes 1-7 1-2 3, Holiday 6-16 3-4 15, Meeks 0-5 2-2 2, Williams 6-10 0-0 15, Turner 3-8 4-4 10, Young 5-10 0-0 10, Speights 10-12 3-3 23. Totals 44-89 15-17 107.
TORONTO (94)
Wright 4-11 0-0 8, A.Johnson 7-10 1-2 15, Bargnani 6-10 4-4 17, Calderon 3-8 2-4 8, DeRozan 9-18 11-12 29, Davis 2-3 0-0 4, Bayless 1-3 0-0 2, Weems 3-7 0-0 6, T.Johnson 1-4 0-0 3, Ajinca 1-2 0-0 2. Totals 37-76 18-22 94.

Philadelphia	20	30	34	23—107
Toronto	29	21	27	17 —94

3-Point Goals—Philadelphia 4-15 (Williams 3-5, Iguodala 1-2, Turner 0-1, Speights 0-1, Holiday 0-3, Meeks 0-3), Toronto 2-8 (T.Johnson 1-2, Bargnani 1-2, Calderon 0-4). Fouled Out—None. Rebounds—Philadelphia 53 (Speights 9), Toronto 37 (A.Johnson 6). Assists—Philadelphia 28 (Holiday 11), Toronto 19 (Calderon 13). Total Fouls—Philadelphia 17, Toronto 15. A—14,552 (19,800) at Toronto.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	40	372	311	1124	28.1
Stoudemire, NYK	44	430	279	1147	26.1
James, MIA	42	372	285	1087	25.9
Ellis, GOL	44	427	206	1133	25.8
Wade, MIA	41	357	279	1030	25.1
Bryant, LAL	46	403	280	1144	24.9
Rose, CHI	44	395	222	1082	24.6
Gordon, LAC	41	333	242	988	24.1
Anthony, DEN	37	311	233	880	23.8

Not including last night's games

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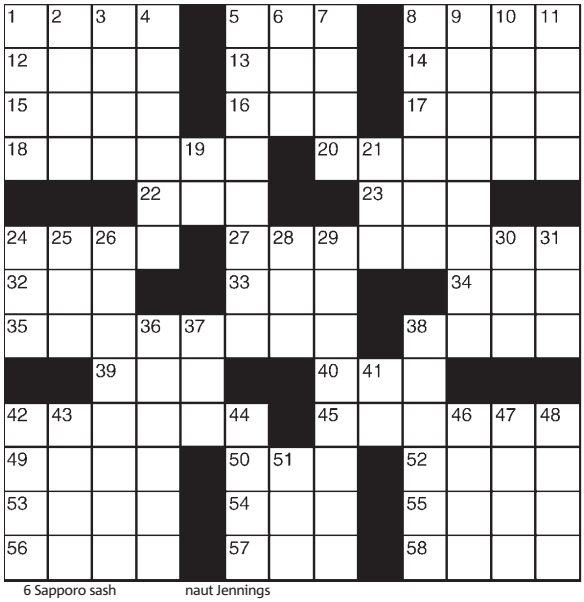
Crossword



Across

1 Parliamentarian
5 Wynken and Blynken's pal
8 Talon
12 Lotion additive
13 Rushmore face
14 Portrayal
15 Catchall abbr.
16 Compete
17 Terrible guy?
18 Zaftig, perhaps
20 Take umbrage at
22 Slight touch
23 Cage component
24 Eye with desire
27 Like some suitors
32 Court
33 One (Pref.)
34 Regret
35 Trysters' locale
38 Mideast gulf
39 Ostrich's cousin
40 iPad download
42 Missing
45 Lass
49 Lecher's look
50 Blackbird
52 Continental coin
53 Boast
54 Family
55 Family
56 Initial stake
57 Recede
58 Otherwise

Down

1 Mary's follower
2 Hodgepodge
3 Colonial seamstress
4 Solve a cryptogram
5 Almost black
6 Sapporo sash
7 Antelope's playmate
8 Emotional period
9 Variety of small parrot
10 Chester — Arthur
11 Departed
19 41-Down's partner
21 Prior to
24 Symbol of wisdom
25 Stickum
26 Chair for a pair
28 Switch positions
29 Niacin or riboflavin
30 Poolroom prop
31 "Jeopardy!" juggernaut Jennings
36 Come out
37 Sister
38 Each
41 19-Down's partner
42 Actress Jessica
43 Swiss city
44 Snatch
46 Boring
47 Geological periods
48 Zilch
51 Pen point

▶ Yesterday's answer

A	M	I	S		G	A	S		G	A	P	S		
L	O	O	T		O	W	E		O	T	I	C		
A	T	T	E	N	D	E	E		O	T	T	O		
S	H	A	V	E			M	O	D	E	S	T		
			E	D	I	T		A	S	S				
S	C	A	N		D	I	M	S		T	H	E		
P	A	T		D	E	B	I	T		E	O	N		
A	R	T		U	S	E	R		O	D	D	S		
		A	S	K		R	O	O	M					
C	A	C	H	E	D			H	E	A	R	D		
A	S	H	Y		A	T	T	O	R	N	E	Y		
P	E	E	L		U	R	I		T	O	N	E		
E	A	S	Y		B	Y	E		A	N	T	S		

Sudoku

	2	3				4		
			9	7				1
1					2			3
		4	2		1		3	
	5			8			2	
	8		3		5	6		
4			8					5
5				1	6			
		7				8	1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	1	2	8	3	4	7	6	9
3	6	8	7	2	9	4	1	5
9	4	7	5	6	1	3	2	8
4	9	5	1	8	6	2	7	3
6	8	1	2	7	3	9	5	4
7	2	3	4	9	5	1	8	6
8	3	6	9	1	2	5	4	7
1	5	9	6	4	7	8	3	2
2	7	4	3	5	8	6	9	1

Send a KISS

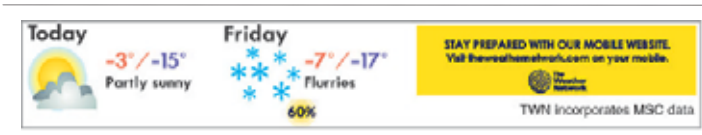
Show some love! Send a note to somebody special at kiss@metronews.ca

Dearest Katherine! Happy 5th Anniversary! I can't believe it's been 5 years already. I love you more and more everyday and can't wait for our first bundle of joy! Love you to death! **XOXO BENJAMIN**

My little dolphin, I miss you lots and can't wait until you come back for your visit. This year will be amazing and we're going to have the time of our lives! I love you to infinity and beyond, forever and always! mmmMMUUAAAHHHH!
LOVE, YOUR ELECTRIC MOUSE

Ohh babesss Stop that! Each day I love you more and more. Our love continues to bloom like a flower. Love you* **PAN ANZ***

Sam, You are the light of my life without which nothing grows in this patch of barren soil. Love you
YOURS ASH



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Travel and social plans may be at the top of your agenda, but don't expect family and friends to do what you want to do. If you are looking for love, you will most likely find it on a trip to some exotic place.

♉ Taurus April 21-May 21
What happens today will bring an opportunity to make some much-needed cash, but it won't be the answer to all of your financial problems. You have to make some serious savings, that means cutbacks.

♊ Gemini May 22-June 21 The planets are urging you to do something out of the ordinary. You hate it when everything is so quiet that you can hear yourself breathing.

♋ Cancer June 22-July 22 You may be tempted to push yourself harder than ever. But Venus, planet of harmony and balance, in the wellbeing area of your chart, says it might be wise to take things easy.

♌ Leo July 23-Aug.23 You may be passionate, but sometimes you can get carried away and do things that are not good for you, personally or professionally. Don't let your passions get the better of you today.

♍ Virgo Aug. 24- Sept. 22 You are more affectionate than some people give you credit for. At some stage, today, you will release those feelings that you have kept hidden. It won't be embarrassing. In fact, it will be rather nice.

♎ Libra Sept. 23-Oct. 23 Don't worry about details. Focus on the bigger picture and trust that fate will guide you in the right direction. Your questions will be answered when you are ready to understand.

♏ Scorpio Oct. 24-Nov. 22 You don't have to see every interaction in terms of winning or losing. Let life come to you today and you will soon realize that you have everything to gain from being less aggressive.

♐ Sagittarius Nov. 23-Dec. 21 Venus in your sign is making you somewhat mellow, and that's no a bad thing. It means you are less likely to overreact if something out of the ordinary happens. Take life as it comes.

♑ Capricorn Dec. 22-Jan. 20 Not everything will run smoothly, but it won't go so wrong that you'll have to take remedial action. There will always be bumps in the road on which you are traveling. It makes a journey interesting.

♒ Aquarius Jan. 21-Feb. 18 Don't come on too strongly and frighten away someone to whom you want to get close. Sometimes, you seem a bit fierce to those not as committed to your favorite causes.

♓ Pisces Feb. 19-March 20 You may have a number of duties to perform, but you are advised to put them out of your mind and focus only on things that make you glad to be alive.
SALLY BROMPTON

Caption contest

ANDREW BROWNBILL/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

JOHN LEYBA/ THE ASSOCIATED PRESS

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